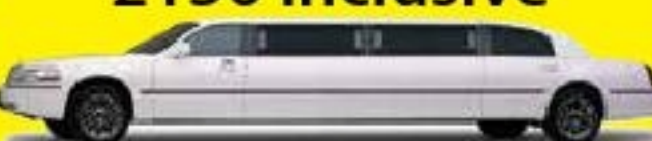


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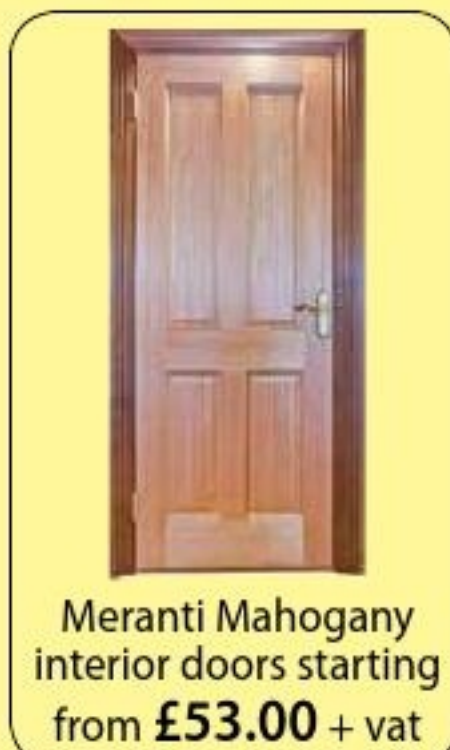


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YOUR *BEST* BODY EVER

Did you know summer bodies are best made in spring? We consulted the experts at Therapie Clinic.

We've now well and truly returned to our daily routine and some of us are left with the lingering feeling that some restraint could have helped! Let's face it, those pesky few pounds that were supposed to melt away with the new gym membership haven't lost themselves. Release those deep breaths - there's hope in sight, and it's called The Mini Tummy Tuck.

Over the past few years there's been a growing trend in body contouring and body shaping procedures that shrink love handles and reduce fat and cellulite on the abdomen, belly, back, arms, thighs, hips and buttocks. Therapie Clinic was one of the first beauty clinics to start the revolution in Northern Ireland, and they're helping clients reduce stubborn fat deposits for good - without going under the knife. Yep - we're serious.

The best part? It's completely non-invasive. No surgery, no knives, no long recovery times. The treatment has come all the way from Hollywood with a celebrity following that includes Kim Kardashian, Christina Aguilera and Britney Spears. The clinic has reported a record demand for the treatment since its launch. There is now a waiting list in two of the clinics in Northern Ireland. It almost sounds too good to be true, but the process is grounded in scientific research which has found that



You can typically expect to see results within *two weeks*. It'll take about 90 days to see the full effects of the body blitzing fat detox.

applying heat and cold to troublesome areas helps melt fat cells while leaving skin and muscle tissue unaffected. Treatment takes place using FDA-approved technology, with individual sessions lasting up to 70 minutes.

Clients meet with Therapie Clinic's specialists to discuss the best treatment options for their Mini Tummy Tuck, depending on their individual body shape. The Tummy Tuck employs a bespoke approach of freezing and heating techniques in order to maximise fat loss. The blended programme can reduce fat by up to 40%.

You can typically expect to see results within two weeks. It'll take about 90 days to see the full effects of the body blitzing fat detox.

One of the best features of the Mini Tummy Tuck is that it can work for different body types: it's great for those who are fit and near their



Celebrity fans include Kim Kardashian & Christina Aguilera



Before

After

optimum weight but still have problem love handles or cellulite. The treatment is also hugely beneficial where clients want to target their tummy area post pregnancy. If you want to see measurable results; toned skin and an improved silhouette, try the non-invasive mini-tummy tuck at Therapie Clinic.

Clinics include Donegall Place in Belfast, Carlisle Road in L/Derry, Merchants Quay in Newry and a new clinic in Enniskillen. Call Therapie Clinic for a free consultation on 08000 121 565 or see www.therapieclinic.co.uk.

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Kellys Golf Centre offers something for everyone, regardless of your age or golfing ability. Over the last number of years it has proved to be very popular with young children as it has a lot to offer them. No sooner does the Junior Winter League draw to a close, the Junior Summer League begins. Kellys Golf Centre always look forward to new faces joining this popular competition which tees off every Saturday morning from 10am.

The 16 bay driving range at Kellys Golf Centre is well attended by "serious" golfers, but it also provides lots of entertainment to customers of all ages, especially those that have never hit a golf ball in their lives; and when you consider 40 balls costs only £2, it is without doubt tremendous value for money.

A very popular part of Kellys Golf Centre is the 9 hole par 3 course which features manicured greens, 2 island greens with water



Some of the eager young golfers who have been competing in the Junior Winter League 2014/15.

and sand hazards throughout. The holes range from 56 to 128 yards and provide fun in challenging surroundings where even the most seasoned golfer can be tested.

If you are just getting started in golf or you are looking to improve your game, Kellys Golf Centre resident PGA Professional Dougie Bell is always on hand to provide you with all the information you need. Dougie also provides individual and group coaching lessons for adults and juniors; and now you can train like a professional by availing of the Trackman which is a radar that tracks the trajectory of your golf ball from launch to landing and is the ultimate in golf swing and ball flight analysis.

So whether you simply want to hit a few golf balls and have some fun, or you want to try and work on your swing and improve your game, Kellys Golf Centre will endeavour to make your visit as enjoyable as possible.

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You will also hear about how well we look after our Patients when they visit us - their journey and their referrals are vital to our business, so we **REALLY** take good care of them.

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Optilase Clinic - Cleaver House, Belfast

We at Optilase like to make things easy for our Patients - so we have put together some points that you really must ask should you visit any of other providers.

All that we ask is that you visit or speak with us also before choosing your Laser Eye Surgery provider.

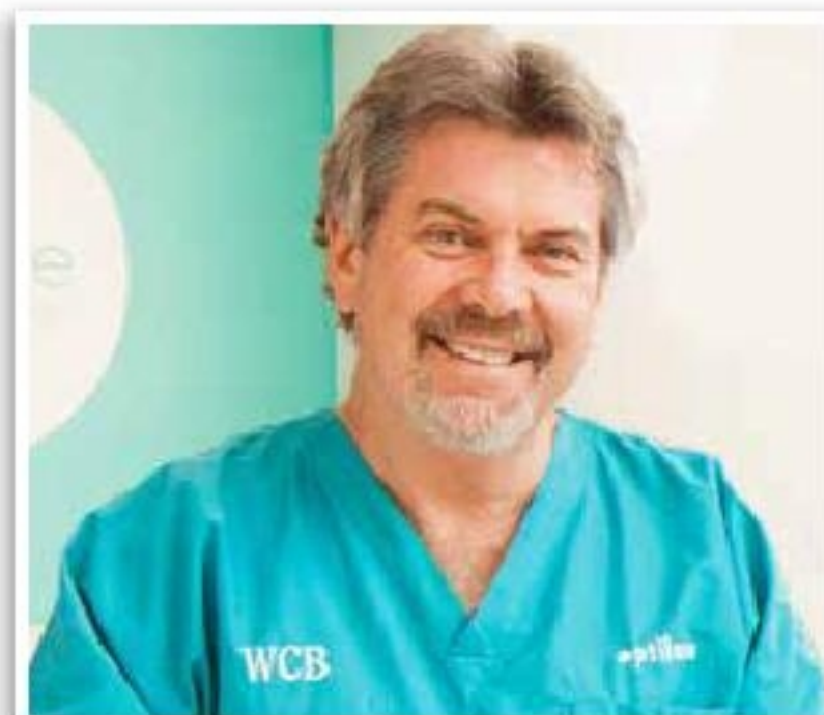
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 - ✓ Do they offer the Lifetime aftercare Guarantee - what happens if your eyes change after 1 year, 2 years even 5 years or beyond? Ask the question and find out.
 - ✓ Do they employ sales staff? Are they incentivised? Ask. It's important.
 - ✓ How many Treatments has the Surgeon completed? Check them out. It's vital.
- Of course nowadays, 0% Finance etc, is a given. But do they offer the best price guarantee? Bring us any other quote and we will be more than happy to match it.

If any other provider answers yes to all of the above - or you are happy with the answers that you get, then we are glad and happy you are well informed and you should feel very comfortable with your decision.

For everyone else, please visit our website or call us for a chat and find about our Free Consultation (these are normally free everywhere). Details are below.

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Mr. Crewe-Brown's dedication to his profession and patients is evident from his clinical experience and continued attendance at national and international seminars and conferences as both speaker and delegate.

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Is there a need for more Housing in Lurganare?

Do you want to live in Lurganare but cannot find suitable accommodation?

The Housing Executive is currently examining the need for new social rented or affordable housing (part rent/part buy) in Lurganare.

Register your interest with the Housing Executive: **T: 028 9031 8524**
E: Eoin.McKinney@nihe.gov.uk

Before 17 April 2015 (quote reference 'LD Lurganare').

A housing officer may be in contact to complete an application.

It is vital anyone in housing need registers so the Housing Executive can accurately assess the level of need.

Please note: if the Housing Executive establishes a need for new housing it will be highlighted to housing associations. They may seek to identify and develop an appropriate site. Any development will be subject to planning approval.

**Housing
Executive**



Is there a Need for More Housing in Cullyhanna?

Do you want to live in Cullyhanna but cannot find suitable accommodation?

The Housing Executive is currently examining the need for new social rented or affordable housing (part rent/part buy) in Cullyhanna.

Register your interest with the Housing Executive **T: 028 3831 5870**
E: South.Planning@nihe.gov.uk

Before 3 April 2015 (quote reference 'LD Cullyhanna').

A housing officer may be in contact to complete an application.

It is vital anyone in housing need registers so the Housing Executive can accurately assess the level of need.

Please note: if the Housing Executive establishes a need for new housing it will be highlighted to housing associations. They may seek to identify and develop an appropriate site. Any development will be subject to planning approval.

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Strength training is just as important as the food you eat. Before anything else, we want everyone to know how important strength training is. We want everyone to have the hope that her future is better when they do strength training.

If you can't start it right away, start it when you can. We want everyone to stay healthy and live a happy life. We want it not only for our members and their loved ones, but also for their friends.

With this awareness, we are proud to say Curves is a special place. Coaches truly care and shed tears for someone other than themselves. To start with, we want our members, loved ones and friends to live a happy life. For that, we are committed to promoting strength training in NEWRY. It is our Curves Movement.

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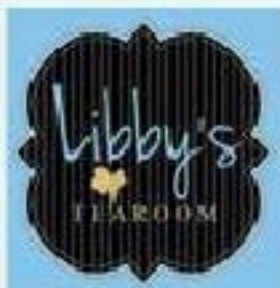
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The clinic is taking bookings for alternate Saturdays and one evening per week. Please book by phoning us on 028 3025 7708.

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An early pregnancy scan can be performed from 6 weeks, but ideally from 8 weeks of pregnancy until 14 weeks of pregnancy. The early pregnancy scan takes approximately 10/15 minutes. Our experienced sonographers will check for a heartbeat (which is the best indicator of a healthy baby at this stage), measure the baby and confirm your expected due date, and check for twins or multiples. At 8 weeks, the baby is still very small and shaped like a bean, whereas by 11/12 weeks gestation, the arms, legs and head are more visible on the scan. Clients will receive several 2D black and white prints of the scan.

The Newry Clinic performs gender scans from 20 weeks of pregnancy. The gender scan takes approximately 15 minutes. If the baby is in a good position, it takes only a few minutes to check the sex, so the remainder of the scan allows parents to have a good look at their baby. Clients will receive several prints of the scan to take home with them. If the baby is not in a good position to assess the gender, the sonographer will ask you to come back for a repeat appointment to recheck the sex again at no extra charge.



The Newry Clinic

Windsor Avenue, Newry BT34 1EG • Tel: 028 3025 7708

Fax: 028 3026 6291

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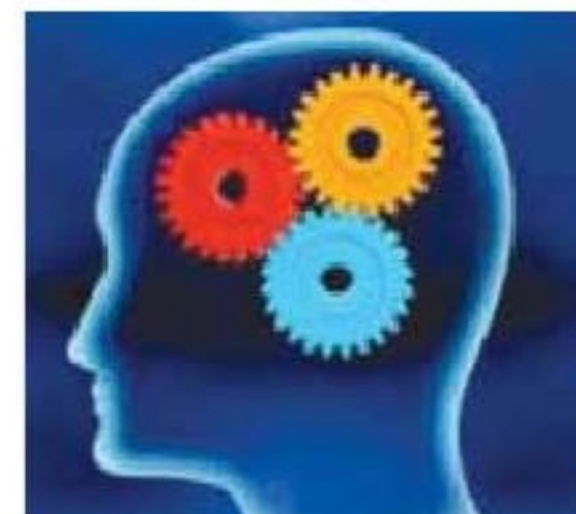
- You may be stuck in **depression** and feeling there is no way out; what memories or feelings are such weights on your shoulders that they prevent you facing life?
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- You may be severely **stressed or burned out** by expectations that you cannot meet. Do you wonder why you cannot cope?
- You may be traumatised by present or historic **emotional, physical or sexual abuse**. Do you want your voice to be heard?

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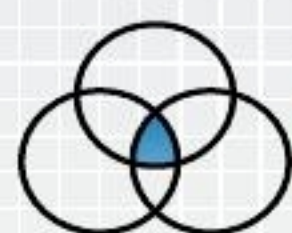
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Sleep is something we take for granted until we have problems with it, or we start abusing it. Only then do we realize how important it is for both our physical and psychological wellbeing. Most of us need around 8 hours of sleep per night. If we are getting substantially less than 6 hours sleep or are waking up tired in spite of getting 8 hours or more, then we need to take action. If we are "burning the candle at both ends" and cutting back on sleep time so we can work more, it won't last! We are likely to burnout!

If we are anxious, stressed, worried or depressed our sleep pattern will be severely disrupted. Conversely, disrupted or insufficient sleep can lead to depression and anxiety. So, it is important to sort out any sleep issues which we might have. Thanks to modern brain science, Human Givens Psychotherapists have a deep understanding of the causes of sleep disorders, and have the skills needed to quickly help people get a good night's sleep. Why is sleep so important? Sleep helps our bodies recover from the previous day's work and worries.

We have two very distinct kinds of sleep each night: 6 hours restorative sleep and 2 hours dream sleep per night. Restora-



tive sleep is for replenishing our body (our hardware) during which tissues are mended, cells rebuilt and the body restores its energy supply for the new day. **Dream sleep** on the other hand is for maintenance of our brains and emotional system (our software). Dreaming de-arouses any high level of emotion carried over from our daily life (for example, an argument at work) thus keeping us emotionally and mentally healthy.

Not surprising, then, that people who are over-worried or anxious will spend huge amounts of time dreaming each night! Too much dreaming leaves them both mentally and physically exhausted the next day, simply because they don't get enough restorative sleep. Thus they find

it even more difficult to cope with their life and worries the next day! And so the cycle continues.

What can be done? It depends on the source of the sleep problem. If the reason is worry, then the psychotherapist helps the person deal with the worry. If it is a bad habit, which may have begun at a stressful time, for example, at work or when a child was ill, but now continues, then the habit needs to be broken. If the person is training the brain wrongly by doing "nice things" for it when they can't sleep, such as watching TV or having tea and biscuits, then the brain needs to be retrained, otherwise it will continue waking-up for a treat.

If you are experiencing difficulty getting to sleep or waking up too much or too early, consider making an appointment with Paul Grant who is a Consultant Psychotherapist in Human Givens therapy. Paul runs a private therapy practice in Newry. He works daily with patients who are depressed, anxious, stressed, addicted, angry, suicidal, experiencing relationship difficulties, have phobias or panic attacks.

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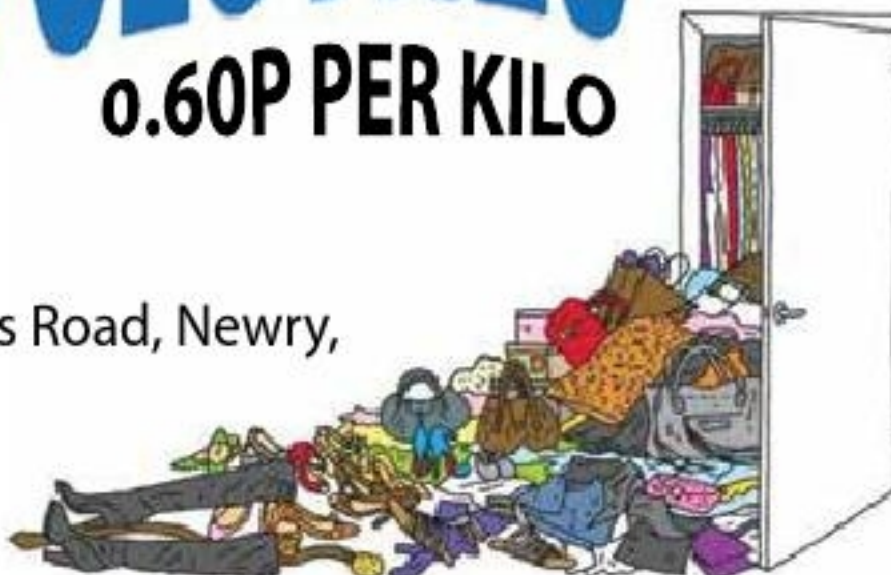


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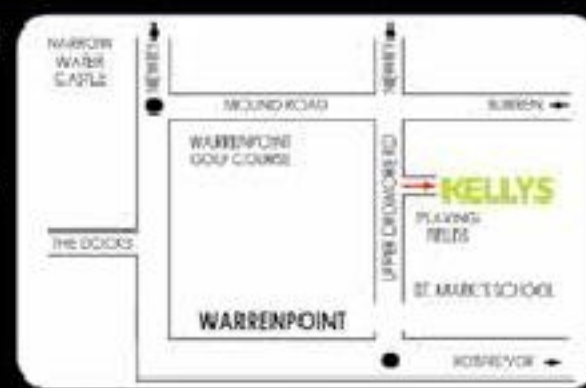
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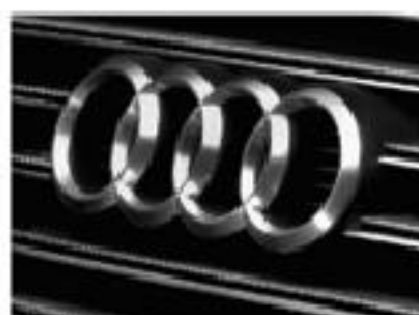
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MPG figures are achieved under official EU test conditions, intended as a guide for comparative purposes only, and may not reflect actual on-the-road driving conditions. [#]Terms and conditions apply, participating dealers only or visit www.peugeot.co.uk. A guarantee may be required. Written quotations available from Peugeot Financial Services, Quadrant House, Princess Way, Redhill, RH1 1QA. Personal Lease contract example, 2008 Active 1.2 VTi 82 initial payment £795, optional final payment £5,660, 48 monthly rentals of £189 based on 6,000 miles per annum. If you choose to pay off the optional final rental, you can pay an annual rental equivalent to one of your monthly rentals but will not own the car. Ownership is possible with Passport, ask your Dealer for details. Excess mileage charges may apply. Retail sales only. Calls may be recorded for training purposes.



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*Prices shown include delivery to dealer, number plates, 20% VAT, 12-month Government road fund licence and £55 first registration fee. Prices shown are Manufacturer's Recommended Retail Prices, which apply to new Dacia vehicles when ordered by April 30th 2015. Metallic paint available at an additional £495.

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